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Montreal Canadiens goaltender Carey Price makes a save against Ottawa's Daniel Alfredsson during the second period of a game in Montreal on Feb. 3. THE CANADIAN PRESS

Sens vs. Habs: Let the battle begin!

NHL. Ottawa preps for Sens' playoff debut against Montreal; mayor puts egg rolls on the line



ALEX
BOUTILIER
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Sports bars both near and far from Sens Mile are preparing for an influx of hockey lovers when the puck drops Thurs-

day night, with the Ottawa Senators facing off against the Montreal Canadiens.

The beginning of the NHL post-season arrived in Ottawa Monday with all the usual sights — more people sporting Sens paraphernalia than usual, mayors making bets and flags being flown.

John Johnson, the manager of the Senate Tavern in the By-Ward Market, said the fact that two Canadian teams are facing off only adds to the excitement

around the opening series.

"I think it makes a huge difference. There's so many Montreal fans here," said Johnson.

"(But) we have a pretty amazing fan base here. It's solid.... Montreal playing here is definitely going to create a lot more excitement."

The Senate is installing two 50-inch TVs on its patio, so fans can enjoy the later-than-usual start to the postseason in the sun.

Jeff Davis of the Heart

and Crown said he expects a packed house for each game.

"We're actually right in the midst of getting all the Sens flags up, getting all decorated," said Davis.

Mayor Jim Watson held a plate of Golden Palace egg rolls in his office on Monday. Watson is wagering the rolls on the outcome of the Habs-Sens series.

Watson, who was born a Habs fan but later converted, has also committed to flying

the Habs flag at Ottawa City Hall should the Sens lose. Watson said his Montreal counterpart, interim Mayor Michael Applebaum, was out of the country and could not immediately respond to the bet.

Game 1 of the series is set for Thursday night in Montreal, with the Sens returning to Scotiabank Place for Game 3 on May 5.

For more NHL playoff coverage, see pages 19-20

'It echoed through the street': Witness

Ottawa teen testifies in a trial of two constables who were charged after an alleged assault left a homeless man with a broken jaw, cracked skull

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Breaking down the budget

Metro deciphers five things you need to know about Finance Minister Jim Flaherty's 'minibus' budget tabled on Monday

PAGE 8

'I'm black. And I'm gay'

NBA veteran Jason Collins becomes the first active male player in a major pro sports league to come out of the closet

PAGE 9



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Lotto 6/49 ticket

\$1M lotto win in Ottawa still unclaimed

Somewhere in Ottawa, a millionaire has no idea they're a millionaire.

Ontario Lottery and Gaming says a winning Lotto 6/49 ticket sold one year ago in Ottawa has yet to be claimed. The prize is a cool million, and time is running out to collect it.

The ticket was sold on Saturday, May 12, 2012, and the ticket holder has less than two weeks left to claim the prize. The winning numbers were 6-1-6-7-2-7-4.

OLG said the ticket holder should fill in the back of the ticket, sign it, and contact the provincial prize centre before 5 p.m. on May 13.

ALEX BOUILLIER/METRO

Four people rescued

Hot-air balloon makes emergency landing in park

Four people are safe after an emergency landing in a hot-air balloon forced them to spend Sunday night in Gatineau Park.

MRC des Collines Const. Martin Fournel said two men and one woman were travelling in the balloon Sunday when it ran out of propane. Their experienced driver, a 52-year-old man, landed the balloon near Luskville.

Unable to rescue the group due to darkness, police called off the rescue around 2 a.m. Police and an NCC conservation officer resumed the rescue around 6 a.m. **JOE LOFARO/METRO**

ACORN. Group fights for better apartment upkeep

Tenants deserve a higher minimum standard of upkeep for their apartments, according to the Ottawa Association of Community Organizations for Reform Now (ACORN).

Ottawa ACORN has been pushing city hall to up the minimum standard for residential properties, as well as the enforcement protocols for absentee landlords.

ACORN members said they're exhausted fighting mould, flooding and harass-

ment by certain local landlords.

"Instead of saying minimum standards, can we not get these apartments, these landlords to ensure that what they live in, they can provide for their tenants," said Nadia Willard, a board member with ACORN. "A paint job every two years. Vents cleaned. Air conditioners working. Making sure that there are no bedbugs. It's important for them to show in good faith that they will do that."

ACORN has been working

with city bylaw inspectors to develop a new, more proactive inspection program, as well as a new system for posting outstanding city orders for problem properties.

City hall has recently launched a campaign to crack down on derelict buildings, but could not say if they were considering strengthening bylaws for run-down apartment buildings. A request for an interview with city officials was not returned as of press time.

Willard said their conversations with city bylaw officials, begun last fall, have been positive.

"(The discussions) have been very positive. They know what they're doing, and they want to do the right thing," Willard said.

"It's not that they don't understand what's going on, it's that (with) the bylaws, sometimes their hands are tied as well."

ALEX BOUILLIER/METRO

We Day hits Gatineau

Call to action. More than 4,000 gathered for charity event, featuring local and global celebrities



JOE LOFARO
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Celebrities and youth from Canada lit up the stage Monday at the Robert Guertin Arena in Gatineau with their energy and inspiration to make positive change in their communities and around the world for We Day.

More than 4,000 students, teachers and supporters of Craig Kielburger's Free the Children Foundation filled the arena and listened to motivational speakers like actor Martin Sheen, Ottawa's Hélène Campbell and student Molly Burke, who shared her personal story as a victim of bullying at her high school.

Participants came from 130 schools across Ontario

and had to earn their spot at We Day by committing to one local and one global action throughout the year.

The youth-focused movement started in 2007, but this year marked Ottawa's debut with Mayor Jim Watson and U.S. Ambassador to Canada David Jacobson opening the show.

"If President Obama were here, he would tell you that we are the change that we seek," Jacobson told the students. "He would tell you that nothing is going to change if you wait for someone else."

Sheen, a political activist and We Day ambassador, appeared on stage and delivered an eloquent speech about unity and justice.

"My fondest wish for each and every one of you here today is to find something in your life worth fighting for because when you do, you will have found a way to unite the will of the spirit to the work of the flesh and the world would have discovered fire for the second time," said Sheen to a round of applause from the crowd.



Canadian signer Tyler Shaw of Kiss Goodnight fame performs for cheering teens at the Robert Guertin Arena in Gatineau on Monday. LAURIE HAMLEN/CONTRIBUTED

1 NEWS



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Pimping trial. Friend of accused teen banned from court, mother warned

The mother of a teen on trial for pimping other girls was warned, and the friend of another accused was banned from the courtroom Monday. Crown attorneys said an alleged victim was "shaken" after an encounter with the mother and friend outside the courtroom.

"As they were bringing her out of the child safe room, she and (mother of accused) were staring down our witness," Crown lawyer Julien Lalande told judge Diane Lahaie, of the events that unfolded Friday when the victim left a room where she gave video testimony against the accused.

The police officer who took the girl from the room filed a report saying the 17-year-old was "shaken" and kept asking "Who are they?" Lalande said.

The girl was in court to testify about the night she says she was allegedly held against her will by the three girls on trial and sexually assaulted by older men as the teens sold her into prostitution.

The case is now in its fourth week and this is not the first sign of tension between the victims and the accused.

Last week, the mother of the girl who on Friday gave video testimony glared at the accused from the witness box as she testified about what happened to her daughter the night of May 30, 2012.

Judge Lahaie accepted the application to exclude the friend, but after warning the accused's mother against further interference said she could stay.

GRAHAM LANKTREE/METRO



River Doucette, 19, alleges she saw police trip and shove Hugh Styres to the pavement, breaking his jaw, the morning of August 13, 2011. GRAHAM LANKTREE/METRO

Cops broke man's jaw, says witness

Wildlife. Ottawa seeks feedback on revised plan

Ottawa City Hall is looking for feedback on a proposed wildlife management strategy.

The strategy is intended to prevent human wildlife conflicts in a municipality with huge swaths of forested, natural areas, agricultural land, and a greenbelt.

The strategy recommends education, outreach, planning and management tools, hoping to strike a balanced approach to human-wildlife interaction.

The strategy is available on ottawa.ca.

ALEX BOUTILIER/METRO

Diesel

Spill closes Slater

Firefighters worked to contain a diesel spill from a truck on Slater Street, Monday afternoon. Traffic was blocked between Metcalfe and O'Connor after the truck's diesel tank ruptured when it struck



Workers try to contain a diesel spill on Slater. ALEX BOUTILIER/METRO

an uncovered manhole. Firefighters contained the spill. ALEX BOUTILIER/METRO

Homeless man. Trial begins for two cops accused of assault causing bodily harm



GRAHAM LANKTREE
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The crack of Hugh Styres' face hitting the concrete echoed through the streets of Sandy Hill seconds after police hoisted him to his feet in the early morning light on August 13, 2011, said a young woman Monday, who alleges police

tripped the man.

"One of the officers tripped him, took his legs from beneath him. One of the officers put his hand on his back and that pushed him," said 19-year-old River Doucette in an Ottawa courtroom.

The three-week trial of constables Colin Bowie and Thanh Tran on a charge of assault causing bodily harm got underway Monday. Both officers have pleaded not guilty.

Styres, who lives at a local shelter, suffered a broken jaw, cracked skull and loose teeth in the incident and is suing police in a separate civil pro-

Reaction

"I was in shock and my mom was in shock."

River Doucette

ceeding for \$500,000.

"It echoed through the street when the man's face hit the ground," said Doucette, who soon grabbed her digital camera and started taking pictures before going home and drawing up a written statement of what she saw.

"I was in shock and my mom was in shock. After a

second I responded and started yelling at the officers from the park."

Not more than 20 minutes earlier, Doucette said, she and her mother called police about the man after they saw him sleeping in a fetal position on the sidewalk near the intersection of Osgoode Street and Henderson Avenue near the University of Ottawa.

"I wanted to see how the situation would be further taken care of by the officers," said Doucette of her reasons for sticking around after the cops arrived. She says she was told "We'll take it from here."

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CentrepoinTE Theatre 'Alive@25' thanks to its tireless volunteers

Spotlight. Ahead of new season, theatre staff and councillors hold thank-you party for the people who made the venue work from Day 1



SEAN MCKIBBIN
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Just days before the launch of a new season promising big-name acts, CentrepoinTE Theatre celebrated its 25th birthday Monday and put the spotlight firmly on folk who don't often get centre stage: its volunteers.

"I love this place," said Coun. Jan Harder as she took the stage to address the people who make the theatre work.

"We have a nice theatre



Actress and MC Andrée Rainville, right, introduces councillors Mark Taylor, not seen, Jan Harder, Rick Chiarelli and Mayor Jim Watson and performers from Suzart Productions. SEAN MCKIBBIN/METRO

downtown Mr. Mayor, but it doesn't have the people. You are the heart of Centre-

pointe."

Almost 400,000 hours of volunteer service have been

contributed to the theatre over its time, said Harder, who added it would be the

equivalent of \$8.2 million of paid labour.

To mark the occasion

and recognize the efforts of volunteers, Harder, councillors Mark Taylor and Rick Chiarelli and Mayor Jim Watson presented 25-year volunteers Aleta Monaghan and Robert Clarke with framed certificates commending them for their work.

At the same time Taylor announced the theatre will be carving out its own distinctive character when it announces its new season lineup on May 1 with a gala evening and performance by Rick Mercer.

Taylor also invited the public to a May 4 "Alive @25 block party," that will showcase the theatre from 10 a.m. to 2 p.m. with entertainment and activities for all ages.

More information on the block party can be found online at centrepoinTEtheatre.com.

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Lindsay, Ont.

Woman charged in salad-dressing bottle assault

Police say an 18-year-old woman is facing an assault charge after allegedly attacking a romantic rival with a bottle of salad dressing.

Officers responded Sunday morning to a report of a physical disturbance inside an apartment located on Cambridge Street in Lindsay, Ont.

Police say a Bowmanville woman went to the apartment looking for her boyfriend and found him with another woman.

Investigators say she then assaulted the other

woman with a bottle of salad dressing. The boyfriend was injured when he attempted to intervene.

Both suffered minor injuries.

The woman is charged with assault causing bodily harm.

She is to appear in court on May 23.

THE CANADIAN PRESS



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From omnibus to 'minibus'

Finance Minister Jim Flaherty tabled a trimmed-down budget bill Monday that he promised would face the proper parliamentary scrutiny. But the official opposition says the legislation still needs to be chopped up. Here are five things you need to know about the changes.

THE CANADIAN PRESS

Tories under fire

The Conservatives faced intense criticism over their so-called "omnibus" budget bill last year, which was stuffed with a laundry list of policy measures. The NDP and the Liberals introduced more than 1,000 amendments to register dismay with both the process and the content.



Shedding about three quarters

Flaherty did not acknowledge a link between the criticism last year and the shorter bill this year. This year's legislation comes in at 125 pages, compared with 452 last year.

"So we'll have a minibus instead of an omnibus?" Flaherty joked to reporters after question period Monday.

Keeping Canadian jobs for Canadians

After weeks of public outcry over the scarcity of Canadian jobs, changes to the Temporary Foreign Workers program increased the lengths to which employers must go to find Canadian staff before they're allowed to bring in foreign labour.

Employers will no longer have flexibility to set the wages for foreign labour, calling a halt to what was known as the 15 per cent rule, Immigration Minister Jason Kenney told a news conference.

That rule allowed businesses to pay foreign workers up to 15 per cent below median wages, if that's what they were paying Canadians.

The Conservatives are also calling a temporary halt to a program that fast-tracked the ability of some companies to bring in workers from outside Canada through what's known as an accelerated labour market opinion.



Trimming down the bureaucracy

Flaherty is also warning of more job cuts in the federal public service.

"We have a lot of duplication of government services. And, as you know, we have a plan which has been set out in the last two budgets to reduce the size of our own spending by something less than five per cent," said Flaherty.

Hold the cuts: Budget officer

At the same time, the parliamentary budget officer's latest report is warning that the government's cuts will act as a drag on both job creation and economic growth.

The report predicted the government will announce an even bigger surplus — \$3.7 billion rather than \$800 million — in the critical 2015-16 year when the Harper government is to face the electorate in a fall vote.



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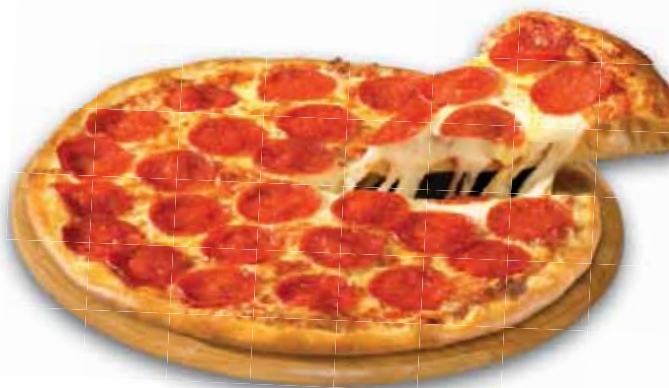
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NBA veteran Collins comes out as gay

Support from players. Kobe Bryant tweeted, 'Don't suffocate who u r because of the ignorance of others'

NBA veteran Jason Collins became the first active male player in the four major American professional sports

to come out as gay.

The 34-year-old centre, who has played for six teams in 12 seasons, wrote a first-person account that was posted on Sports Illustrated's website Monday. Collins finished the season with the Washington Wizards and is now a free agent. He says he wants to keep playing.

"If I had my way, someone else would have already done

this," he writes. "Nobody has, which is why I'm raising my hand."

Collins played in a Final Four for Stanford and reached two NBA Finals. His twin brother, Jarron, was also a longtime NBA centre. Collins says he told his brother he was gay last summer.

"Jason has been a widely respected player and teammate throughout his career

and we are proud he has assumed the leadership mantle on this very important issue," NBA Commissioner David Stern said in a statement.

White House spokesman Jay Carney called the decision courageous and former U.S. President Bill Clinton said it was "an important moment for professional sports and in the history of the LGBT community." **THE ASSOCIATED PRESS**



Jason Collins is the first active male player in the four major American professional sports to come out as gay. BRUCE BENNETT/GETTY IMAGES FILE

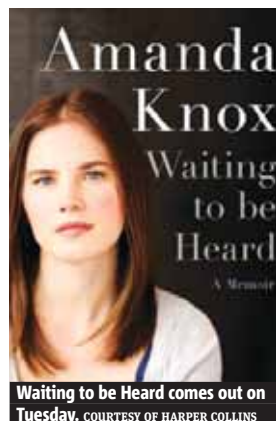
Opportunity Knox. But murder retrial makes memoir's release a risk

Lesbian trysts and suicide, police corruption and murder — it's easy to see why publishers HarperCollins paid \$4 million US for Amanda Knox's memoir from the murder case.

Waiting to Be Heard is being released Tuesday, along with Knox's first TV interview, five and a half years after the murder of British student Meredith Kercher for which she was convicted and then acquitted. But the plans have been rocked by a pending retrial for her and her alleged accomplice, ex-boyfriend Raffaele Sollecito, after the Italian Supreme Court overturned their acquittal.

Although HarperCollins denies that there are "legal problems" for the book, it may provide ammunition for prosecutors. "Possibly we can find a new element for the trial from the book," Kercher family lawyer Francesco Maresca told Metro.

The victim's family are disgusted that Knox will become a millionaire from the story of Meredith's death, having criticized her acquittal.



Waiting to be Heard comes out on Tuesday. COURTESY OF HARPER COLLINS

Advanced sales for the book have been slower than expected, but if Knox performs well on her TV interview with ABC's Diane Sawyer, it could dramatically improve her prospects. "It could be the springboard for her to become a TV personality and people will forget why she became famous," crisis management PR specialist Glenn Selig told Metro.

KIERON MONKS/METRO WORLD NEWS

Social media

70% admit being regular users, new report finds

One in three Canadians says they don't go a single day without checking into their social media feeds.

It's one of many social networking statistics compiled in a report by the Media Technology Monitor, based on surveys with 4,001 anglophone Canadians. Almost seven in 10 Internet users said they were regular social media users, logging on at least once a month.

THE CANADIAN PRESS

Women in locker room

Don Cherry's views are his own, says CBC

Don Cherry isn't speaking for the CBC when he says women have no place in sports locker rooms, the head of media relations for the public broadcaster said Monday.

But Chuck Thompson says the CBC has no plans to discipline him. Thompson was reacting to the continued flak over Cherry's comments Saturday on Hockey Night in Canada.

THE CANADIAN PRESS

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New York City

World Trade Center
to get last pieces of
spire installed

One World Trade Center, the skyscraper that replaces the fallen twin towers in New York City, is about to receive the last pieces of its crowning spire, a 124-metre structure built in part in Canada. **THE ASSOCIATED PRESS**



The top of One World Trade Center is shown under construction on April 26. **THE ASSOCIATED PRESS**

Montreal

BMO to open tiny
bank branches

The Bank of Montreal is launching a plan to open tiny bank branches that will be staffed by just a handful of employees.

Chief executive William Downe says the bank is opening what it calls a "studio" branch next week in a Montreal condo build-

ing. The 900-square foot location will have just four employees. Downe says the branch is integrated into the condo development.

BMO has test-marketed the "studio" branch model in Quebec with the intention of extending it right across its footprint, Downe told a Canadian Club luncheon. He says the bank has to connect with customers where they live.

THE CANADIAN PRESS

Market Minute



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CBC exec is Twitter-bound

#careermove. Kirstine Stewart to be managing director of Canada at microblogging service

CBC executive Kirstine Stewart is leaving the public broadcaster for Twitter Canada.

The CBC says the English services boss has accepted a position with the San Francisco-based social media company and is leaving CBC/Radio-Canada immediately.

And in a tweet on Monday, Twitter's recently established Canadian division said Stewart will be its new managing director of Canada.

Stewart has been at the public broadcaster for seven years.

The CBC says a recruitment process to find a replacement for the role of executive vice-president of English services will be launched immediately.

Stewart says she's had some



Kirstine Stewart **THE CANADIAN PRESS FILE**

Now hiring

- Twitter Canada is also looking to hire an Account Executive and an Account Manager. For details, check out twitter.com/jobs/positions.

of the happiest moments of her life at the CBC and has been "honoured to represent such an important name to Canadians."

THE CANADIAN PRESS



Abuzz about EU bee protections

Protesters dressed as bees gather on Parliament Square on April 26 in London, England. On Monday, the European Union announced plans to restrict the use of three pesticides to better protect dwindling bee populations. The move, which was cheered by environmentalists and questioned by chemical companies, came after the bloc's 27 nations failed to agree on a common stand. EU Consumer Commissioner Tonio Borg said his agency will override the deadlock and move "in the coming weeks" to restrict three neonicotinoid pesticides on plants and cereals that attract bees. Beekeepers have reported an unusual decline in bees over the past decade, particularly in Western Europe, according to the European Food Safety Authority. It says bees are critically important to the environment, sustaining biodiversity by providing pollination for a wide range of crops and wild plants — including most of the food crops in Europe. **DAN KITWOOD/GETTY IMAGES**

Virtual help. Google Now takes on Siri

Google is trying to upstage Siri, the sometimes droll assistant that answers questions and helps people manage their lives on Apple's iPhone and iPad.

The duel began Monday with the release of a free iPhone and iPad app that features Google Now, a technology that performs many of the same functions as Siri.

It's the first time that Google Now has been available on smartphones and tablet computers that aren't running on the latest version of Google's Android software. The technology, which debuted nine months ago, is being included in an upgrade to Google's search application for iOS, the Apple Inc. software that powers the iPhone, iPad and iPod Touch. It's up to each user to decide whether to activate Google Now within the redesigned Google Search app, available through Apple's app store. **THE ASSOCIATED PRESS**



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VOCAL FRYING WITH THE KARDASHIANS

Aside from news anchors and a few choice loud talkers on public transit (you know who you are), it seems that most people hate the sound of their own voice.

A common complaint among self-conscious talkers is that the voice inside your head sounds a lot less nasally and annoying than the one other people are hearing in "real life."

You may never really know if your sensual, breathy voice actually sounds like a raspy smoker's growl, but that doesn't mean it's not relevant. Like it or not, other people have a habit of making assumptions about attractiveness, intelligence, competency and a variety of other factors based on the sound of your voice.

Researchers at University College London recently conducted a study on human vocal attractiveness in which participants were asked to assess the physical appearance of an unseen speaker based on their speech patterns.



SHE SAYS
Jessica Napier
metronews.ca

Perhaps unsurprisingly, the study proved to uphold some primitive assumptions about heterosexual gender norms. Male participants found high-pitched female voices indicating a smaller body type to be more desirable; the women preferred deep, low-pitched male voices signalling a larger and more physically dominant body type.

But while men might instinctively favour female partners with high-pitched voices, many young women have been dipping down the vocal register in recent years and adopting a quirky linguistic trend called vocal fry.

Almost a counterpoint to Valley Girl up talk, vocal fry is caused by slowly fluttering the vocal cords together to create a low gravelly sound.

This so-called "creaky voice" has been popularized by young female celebrities such as Zooey Deschanel and Britney Spears and can be heard among gaggles of teenage girls in Forever 21 fitting rooms across the country.

The Kardashian sisters are especially well known for employing vocal fry to croak out long, drawn-out words at the ends of their sentences.

Some find this vocal trend grating to the ear, but others argue that women can benefit professionally by purposefully lowering their voices to equalize themselves among male colleagues. New York Times executive editor Jill Abramson is renowned for her guttural vibrato, and perhaps her low-pitched rattling voice has helped her become the first female to head the paper in its 160-year history.

When it comes to professional success, the sound of your voice actually matters a lot more than you'd like to think. While studying speeches given by more than 100 business executives, researchers found that the speakers' voice quality accounted for 23 per cent of listeners' evaluations while the actual content of the speech only accounted for 11 per cent.

So next time you open your mouth, remember that it's not necessarily what you say that matters most but how you say it.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

When being a crybaby pays off



SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

No babies were harmed in the making of this contest

It's a sound that fills most parents with dread, but at the annual Naki Sumo — crying-baby contest — in Japan, wailing and screeching is encouraged.

Eager mothers bring the children to the event, where sumo wrestlers and high priests coax babies into a state of distress. No physical pain is inflicted on the babies; the sumo wrestlers instead growl and scowl in order to get a wail.

The 400-year-old event, which marks the high point of spring, is held each year at the Sensoji Temple in Tokyo.



If both babies cry, the loudest wail wins.
SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

Keeping bad spirits at bay

Participating parents believe the sumo-induced cries are beneficial. The babies are held high, so that their cries are closer to heaven and their mothers pray for their good health. The ritual is also believed to ward off evil spirits.

EXPRESS.CO.UK

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

With live storytelling nights popping up in droves, raconteurs are getting more chances to share their tales face-to-face. But, for those who'd rather get their stories from the comfort of their duvet, here's a list of good listening you can do without getting out of bed.

Themoth.org:

Arguably one of the longest-running story telling events, The Moth has been hosting "story slams" since 1997. Though it started in N.Y.C., it's branched out to cities across North America. But for those who a) don't live in a major urban centre or b) just like to tune in wearing PJs, the podcast gives you the best of both worlds.
@TheMoth

Raconteurs.ca:

Originally launching as a Moth event, Toronto-based Raconteurs set out on

their own in early 2012. The monthly night of real-life stories has just one stipulation for its performers: no notes. Tune in by visiting their YouTube channel at youtube.com/raconteurstoronto.

StoryCorps.org

One of the biggest oral-history projects in the U.S., StoryCorps records conversations between family and friends to "honour lives through listening." Tune in using their iPhone app or straight from the site.
@StoryCorps

Comments

RE: Prof wants to test benefits of nose-picking, published April 24

I think more people do it than we think. And I find it funny that those who don't pick their nose find it so revolting when really it isn't.

Katie, posted to metronews.ca

I'll volunteer my kids. They both do it anyway ...

James Ellis, posted to metronews.ca

Well, I'm not sure about nose picking, but I've been biting my fingernails for my whole life, and I have thought about the same thing. Maybe small bits of germs help keep me healthy over time! I almost never get sick ... But I chew on my nails more than is socially acceptable ...

George Denton, posted to metronews.ca

I hope this professor hasn't applied for and obtained a government grant to do such a study. **NO_MAS_BS**, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: ottawaletters@metronews.ca

DVD reviews

Silver Linings
Playbook

Director: David O. Russell

Stars: Bradley Cooper, Jennifer
Lawrence, Robert De Niro

★★★★

David O. Russell's drama of mental health and family discontent steadily becomes a grinner about a dance contest with an outcome worth caring about. Blessed with both Oscar and TIFF wins, it's the best comedy of the past year. It revolves around Pat Solitano (Bradley Cooper), a Philadelphia teacher with anger management issues. He's a regular ray o' sunshine, as long as you don't rile him. He's working on winning back his wife, who left him and now has a restraining order against him. But this strange girl, Tiffany (Oscar-winner Jennifer Lawrence) won't leave him alone. She has mood swings, too, and so does Pat Sr. (Robert De Niro), especially when his beloved Philadelphia Eagles fail on the gridiron. Good thing his devoted wife (Jackie Weaver) keeps him in snacks. Russell has his work cut out for him making sense of this crew, let alone winning our sympathies. But he pulls it off, even if the ending is a little untidy.

Neighbouring
SoundsDirector: Kleber Mendonça
FilhoStars: Irma Brown, Sebastiao
Formiga, Gustavo Jahn

★★★★

Do you define the sound of anxiety as the steps of an approaching person, the bark of a restless dog or the din of an incessant music box? How about an upbeat pop song played at a downbeat moment? In *Neighbouring Sounds*, the feature debut by Kleber Mendonça Filho, it's all of these things and more. The gifted Brazilian writer/director uses sound almost as a character in his film, which won two prizes at the 2012 Rio Film Festival.

PETER HOWELL

Authentic LL Cool J

New album. On the heels of *Accidental Racist*, veteran rapper talks charts, controversy and always trying to prove himself

Rap legend LL Cool J is about to release his first album in five years, but he's been in the news lately for an entirely different reason: his controversial *Accidental Racist* collaboration with white-hatted country star Brad Paisley.

The quirky single was posited as a conversation between Paisley, representing white Southerners, and LL, with Paisley trying to explain the supposedly innocuous intention behind his Confederate flag-branded T-shirt while his New-York-reared counterpart simultaneously tries to understand while also explaining how the symbol makes him feel.

Well-meaning though it was, the song and its race-probing lyrics, including LL's couplet "If you don't judge my do-rag/I won't judge your red flag," touched off a firestorm online — USA Today mused on whether the tune was an "epic fail" while a piece in the Atlantic was headlined *Accidental Racist* is Actually Just Racist.

Certainly, LL himself noticed the passionate reaction.

"That's the first song that I've ever done that (brought), like, CNN headlines!" the 45-year-old rapper told The Canadian Press in a telephone interview over the weekend with a hearty laugh.

With his new album, *Authentic*, out today, LL Cool J talks bucking rap trends, ignoring the charts and, yes, the overwhelming response to *Accidental Racist*.

The album features collaborations with artists across all genres — you've got Eddie Van Halen, Bootsy Collins, Seal, Chuck D of Public Enemy, Tom Morello, Travis Barker, Snoop Dogg, Monica and Brad Paisley, among others. What guided those decisions?

I didn't want any boundaries. I wanted to make a limitless record. Working and hosting the Grammys and being around so many types of great musicians, it really just made me realize how I love all types of music. I wanted to make an album that didn't pigeonhole me in one specific area. I didn't

LL Cool J says *Accidental Racist*, his collaboration with Brad Paisley, was misunderstood. GETTY IMAGES

want to make an album that was only for a certain type of people or a certain type of stereotype. I wanted to make an album that music fans would love.

You've said this is the first time you made a record without worrying about charts. Why?

Because, man, if it was all about charts and numbers and airplay and all that stuff, then I would have went and tried to bribe all the youngest, hottest artists to be on the album. In terms of whoever the current top star is, the normal cast of players. But I just feel like that can come off a bit contrived and be a bit incestuous, you know what I'm saying? It just is not where I'm at as an artist. I just felt like, you know what, I'm going to have to take the bull by the horns and make music for myself, and not be concerned with charting and positions and what people

think about the scan. I didn't consider any of that. I just made something from the heart.

I wanted to break out of all those moulds and all those boxes we put hip hop records in, and do something special, something that would mean something in 20 years.

Your song with Brad Paisley, *Accidental Racist*, prompted some really strong reaction, much of it negative. Did you pay attention to it, and what did you make of the response?

Yeah, I paid attention to it. I thought, obviously at the extreme ends of the spectrum, people totally missed the point and just drew the wrong conclusion. I think people in the centre got it and it created a conversation, and caused people to think about that issue. And I think that's a healthy thing for America. I think that it shook up some

LL still out to impress

"Oh man, I definitely have something to prove. The thing I have to prove is that I can make a great record. ... That'll never go away. I want to show people I have the ability to make great music. I always have something to prove. Without a doubt. And as an artist, all we want to do is see people happy when they listen to the music and know that they enjoy the music. That's a wonderful feeling."

bruised blood and got people to have a conversation. ... So I have to say man, I think we did our job as artists. It's like the '60s, man. When people made songs, they had to matter. ... I can't guarantee all songs are going to have that kind of whirlwind effect, but it's nice to do something that matters. I'm grateful. **THE CANADIAN PRESS**



Johnny Depp. ALL PHOTOS GETTY

Are Depp and Rum Diary co-star Heard back on?

It looks like Johnny Depp and his Rum Diary co-star Amber Heard are back together, as the rumoured couple was spotted hand-in-hand at the Rolling Stones' surprise concert at a small Los Angeles club over the weekend, ac-

ording to E! News. Depp and Heard were rumoured to be dating shortly after Depp's split with his girlfriend of 14 years, Vanessa Paradis, though reps for both parties have refused to comment on the relationship.



Miley Cyrus

Cyrus happy to be engaged and tight lipped

Despite rumours of trouble between them, Miley Cyrus says being engaged to Liam Hemsworth feels like the most natural thing in the world — but she wants to keep it to herself, according to Elle UK. "We have a house together and dogs," she tells the magazine. "It just seems right to be wearing this ring and to be committed. But we keep our relationship low-key and don't talk about it anymore."

Not talking about things as much seems to be a new guiding principle for Cyrus, who has scaled back on the personal nature of her Twitter output. "We were too nice to the world and gave them too much insight and I just don't feel like they get that privilege anymore," she says. "Like on my Twitter, I'm much more ... not conservative, but don't get that personal stuff anymore."

Twitter



@MARLONWAYANS

I feel bad for every chick over 25 in a club Get out of there!!!



@MissKellyO

If there was an award for a twitter member with the worst spelling/typos i would win it!



@mindykaling

It is gorgeous in New York right now, I'm scared I'm going to get swept up and look at real estate here

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

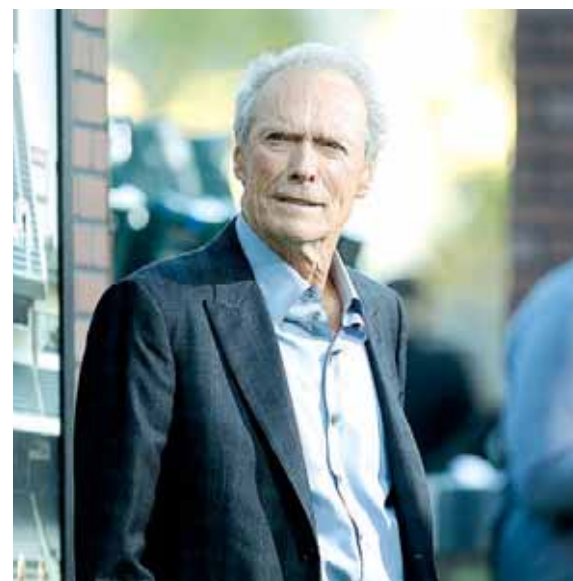
The Word



Lopez looking to the future as Idol return talks begin

It turns out that it was Jennifer Lopez herself who initiated the talks last week for her to possibly return to American Idol, replacing her replacement, Mariah Carey, according to Radar Online. "J.Lo had her manager, Benny Medina, approach Fox to alert them of her interest in rejoining Idol," a source says. "(Her) twins will enter kindergarten in the fall, and stability is important for them — and

J.Lo — at this time. She's looking for possible schools for the kids in Los Angeles at the moment." But the source is quick to point out that it was never Lopez's idea that she be swapped in for Carey this season as a fix for flagging ratings — a plan that was reportedly pursued and then scuttled when Carey's camp threatened legal action. Lopez was only looking to return next year. "If there was a 'secret plot' to replace Mariah, as has been suggested, then it was all Fox," the source says. "J.Lo's approach was about the future, not the present. She's talking about next season." Carey's contract only covers one season of the reality competition.

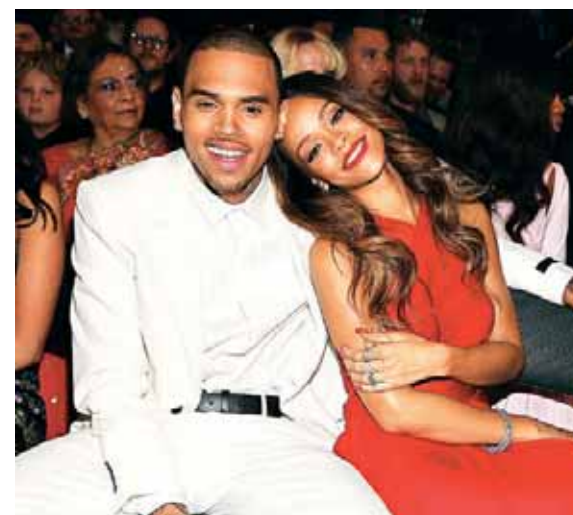


Clint Eastwood

Ring-less Eastwood adds fuel to marriage woe gossip

Clint Eastwood's latest fashion choice hasn't helped quell rumours that he and wife Dina are on the outs. The 82-year-old actor and director has been spotted around Los Angeles recently without his wedding ring, according to Radar Online. He also went ring-less

when he took 16-year-old daughter Morgan to the Coachella music festival two weeks ago. The couple hasn't been photographed together since November 2011, and Dina has reportedly checked herself into a treatment facility because of depression and anxiety



Chris Brown and Rihanna

Chris Brown's dad agrees with Rihanna's fans

Rihanna fans aren't the only ones who don't want her and Chris Brown to be an item again. Apparently Brown's own father, Clinton, is against the reunion. "I personally really didn't want him and Rihanna back together," Clinton tells the New York Daily News. "You have to have a balance in a relationship. You have to have someone who is spontan-

eous but you also have to have someone who is grounded and logical." Still, Clinton admits, there is an obvious appeal to Rihanna. "She's beautiful and successful," he concedes. "You just need that person who will listen to you without judging, who knows what it feels like. If he talks to someone who's not in the business they may not understand."

How yoga can help your run

Fitness. Running isn't just about speed, and this yoga sequence won't make you run faster, but better

ROMINA MCGUINNESS
life@metronews.ca

This is what happens to your body when you run

Running is great cardio, but it's not very well rounded, warns Laura Denham-Jones, who teaches a runner's yoga class at London's top health centre, Triyoga.

"As an exercise that requires you to do a repetitive motion, over and over, some muscles are used more than others. The problem, in the long-term, is that if you have some imbalance in the body, like a weak or tight side or a twist in your pelvis, then you're repeatedly doing that same 'out of synch' motion, which will make things worse. Things like your hips and your hamstrings will get tight," she explains.

While it's not so bad to have some tightness in muscles that are supposed to be strong, you'll need to balance out all the work they do.

Why? To prevent injury, warns Denham-Jones.

"If things get too tight, and you then try and do something like increase your stride, you risk to pull your hamstrings.



Use your yoga to make you a more complete runner. HANDOUT PHOTO

And it's amazing how reluctant runners can be to take time off from their training when they're hurt."

No, yoga will not make you run faster. If that's what you're after, train harder. But what it does offer is injury prevention through stretching and strengthening the body.

"Recovery is crucial; no one should be training hard seven days a week. Yoga, being a practice that helps to decompress the muscles, will draw attention to any quirks in your body. Restoring muscles back to their original length will enable runners to keep their range of motion and strengthen their body," she adds.

Learning to let go of

your ego and toes

Yoga is about respecting the body and not being too egotistical.

"It creates a body awareness whereby, when you notice when something is painful, instead of pushing through in a macho kind of way, you learn to take things easy so that you can nip any injuries in the bud, before they blow up. Another benefit is that, as yoga is done bare foot, you can't rely on shoes to support your ankle and so your muscles are doing all the work and they'll inevitably get stronger. You're also stretching the tendons and increasing suppleness through the foot," says Denham-Jones.

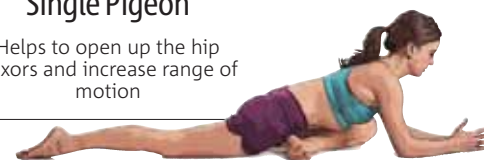
TENSION RELEASING SEQUENCE

Elongate your muscles, lengthen your stride and increase your range of motion

KATHRYN BUDIG, AUTHOR OF THE WOMEN'S HEALTH BIG BOOK OF YOGA

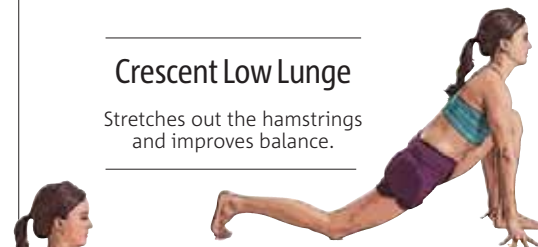
Single Pigeon

Helps to open up the hip flexors and increase range of motion



Crescent Low Lunge

Stretches out the hamstrings and improves balance.



Reclined Big Toe III (with strap)

Stretches the hamstrings, hips, calves and thighs.



Seated Forward Fold (with strap)

Stretches the shoulders, spine and the hamstrings



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Before you get dirty, clean up your act

Mud runs. You don't have to change your workout before race day, but a few simple adjustments can help

MEREDITH ENGEL
life@metronews.ca

If spending the day crawling through mud pits, traversing water and leaping over fire sounds like a lot more fun than an hour at the gym, you're not alone — obstacle races are all the rage. Planning to unleash your inner warrior at a mud run this season? Check out these tips for attacking the course like a boss.

As soon as you sign up

Start training

You don't have to change your whole workout routine, says James Villepigue, CSCS, the author of *Obstacle Race*



Getting dirty never looked so good. ISTOCK PHOTOS

Training Bible. But you do want to "think about what you're gonna be doing on the course," he says.

On top of metabolic resistance training — switching between resistance-training and cardio moves that you prob-

ably already do — Villepigue recommends functional training, in which you mimic the moves you'll do on race day.

Get your diet in order

"I suggest incorporating lean

protein, calcium-rich foods and vegetables in your diet as soon as possible," says dietician Anita Mirchandani, founder of FitMapped.com. "I never like to say 'remove' or 'eliminate,' but try to avoid eating high-fat triggers such

Post-race

What to do when your run is done.

- **Fuel yourself.** "First, hydrate," Mirchandani says. "Then, a medium piece of fruit is always good to consume soon after. After 60 minutes, a protein-rich snack is ideal."
- **Website.** To find a mud run near you, visit mud-runguide.com

as pizza, burgers, fries and sweets."

The day before

Take it easy

If you've been training on the regular, your "body, muscles and cardiovascular have been stimulated sufficiently," Villepigue says. "Taking a day off before a race will allow you get the necessary rest that allows muscles to be

completely fueled and ready to work."

The morning of the race

Don't stretch!

"You're basically telling the muscles to rest," Villepigue says.

"A dynamic warm-up is key to prepare the muscles for what's about to happen."

Try jumping jacks, high-knee kicks or a short jog.

"One of the most common reasons why people get injured before any type of endurance activity is because they are not properly warmed up," says Mike Silverman, a physical therapist at NYC's Hospital for Special Surgery's James M. Benson Sports Rehabilitation Center.

Don't try anything new

"Try not to introduce anything on race day that you haven't already tried before," Mirchandani recommends. "For example, don't take energy gels on race day if your body isn't used to them."

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Take the difficulty out of scalloped potatoes in 6 steps

MAIJA MOMENTS
YummyMummyClub.ca

Scalloped potatoes are among my favourite kind of potatoes and are the best starchy side dish to ham.

While I admit this side dish typically takes a bit more effort than your typical Canned Soup Mom recipe, I promise this is a simplified version. And because these potatoes always taste better the next day, you can make them the night before.

1. Wash, peel and thinly slice potatoes.

2. Butter 9 x 13 casserole dish. Layer 1/3 potatoes, 1/3 butter, 1 tbsp flour and 1/3 cheese. Repeat (potatoes, butter, flour, cheese).

3. Follow with final layer of potatoes and top with remaining 1/3 butter.



These scalloped potatoes go great with your favourite entree. MAIJA MOMENTS OF YUMMYMUMMYCLUB.CA

4. In a bowl, mix 2% milk, coarse salt and dried mustard

or paprika, and pour over top of potatoes.

Ingredients

- 8-10 medium potatoes (Rus set or Yukon Gold are best)
- 1/4 cup cold butter, cut into small squares
- 2 tbsp flour
- 2 cups shredded cheddar cheese, divided (old or medium cheddar is best)
- 2 cups 2% milk
- 1 tsp coarse salt
- 1 tsp dried mustard or paprika

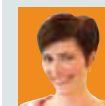
5. Cover with tin foil and bake in preheated 350 F oven for 1 - 1 1/2 hours until potatoes are soft and bubbly. Sprinkle with remaining cheese and bake uncovered for another 15 - 20 minutes.

6. Serve with your favourite entree.

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NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Which letter in the alphabet should there be more of? Morels!

Sorry. Spring marks the big thaw and the sprouting of luscious things from the earth. Morels come from spores that are carried on the roots of trees and they require loamy, moist soil that is in shade.

Morels tend to come early as they only need a low (50 F) temperature to grow. Once they get started, it is only an eight to 10 day period before they are ready. Hunters and shroomers know what

to look for to gather them in the wild, but the novice needs to depend upon farmers markets and grocery stores.

All mushrooms contain trace minerals that fill in the gaps the rest of your diet leaves. Morels serve up vitamin D, copper and iron.

By far the best way to cook them is in a cast iron skillet that has been heated to very high heat. Well rinsed and dried on paper towel, the mushrooms can be added whole after a knob of butter has melted.

Do not crowd the pan. Be sure to let the morels brown rather than steam as they do if they are too close together and the water can't escape.

Theresa Albert is a Food Communications Specialist and Private Nutritionist in Toronto. She is @TheresaAlbert on Twitter and found daily at myfriendinfood.com



Lunch. English Muffin Cheese & Tomato Sandwich



1. Heat the toaster oven or conventional oven to 400 F. Line a baking sheet or pan with foil.

2. Toast the English muffin halves until lightly coloured, about 3 to 4 minutes.

3. Top each muffin half with a slice of cheese, then a slice of tomato, a sprinkling of oregano and a bit of the Parmesan cheese.

4. Arrange the muffins on the prepared baking sheet, then return them to the oven and toast for 10 minutes, or until the cheese is melted

and bubbly at the edges and the tomato is hot and cooked through. Let cool for several minutes before serving.

THE ASSOCIATED PRESS/ ELIZABETH KARMEL, AUTHOR OF THREE COOKBOOKS, INCLUDING SOAKED, SLATHERED AND SEASONED.

Ingredients

- 4 English muffins, split with a fork
- 8 slices of cheddar cheese
- 8 centre slices of tomato
- Dried oregano
- 2 tablespoons grated Parmesan cheese

Eat your veggies (and enjoy them) with Ratatouille Tian

1. An hour before you cook, cut eggplants crosswise into rounds about 1/8 inch thick. Set rounds in colander, then sprinkle with 1 tsp of salt. Toss to coat, then let rest for 1 hour to allow some moisture to be drawn out of the slices.

2. With paper towels, pat the eggplant slices dry. Set in a bowl and sprinkle with 1 tsp of the herbes de Provence.

3. Cut zucchini and tomatoes crosswise into 1/8-inch rounds. Place in 2 bowls and



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 1 1/3 lbs small eggplants
- Fine sea salt
- 3 tsp herbes de Provence (or a mix of dried thyme, rosemary, basil and/or oregano), divided
- 1 1/3 lbs medium zucchini
- 1 3/4 lbs plum tomatoes
- Olive oil
- 2 small onions, thinly sliced
- 8 fresh sage leaves, minced
- 2 garlic cloves, minced

sprinkle each with 1/2 teaspoon salt and 1 teaspoon of the herbes de Provence.

4. Heat oven to 350 F. Use olive oil to lightly coat 8-by-10-inch glass baking dish. Scatter sliced onions evenly over bottom. Sprinkle with 1/4 teaspoon salt and a touch of olive oil.

5. Arrange row of overlapping tomato slices along one side of dish. Pack in tightly so

that they are almost upright. Sprinkle with a little sage and garlic. Follow with row of overlapping eggplant slices alongside, then row of zucchini slices, sprinkling each with a little sage and garlic. Repeat pattern until you've filled dish and used all vegetables, packing rows of vegetables together very tightly. If you have vegetables remaining at the end, slip them among their peers to flesh out rows that seem to need it.

6. Drizzle with 3 tablespoons olive oil, cover loosely with foil, and bake 30 minutes. Increase heat to 425 F and bake another 30 minutes. Remove the foil and continue baking until vegetables are tender and tips of the slices are appealingly browned, about another 30 minutes. Serve hot or at room temperature. THE ASSOCIATED PRESS/ (RECIPE ADAPTED FROM CLOTILDE DUSOULIER'S THE FRENCH MARKET COOKBOOK, CLARKSON POTTER, 2013)



Montreal musician Rae Spoon, 32, prefers to be referred to by the pronoun they. J.J. LEVINE

Just call me they

Transgender. Rae Spoon doesn't want to be called she — or he

Canadian singer-songwriter Rae Spoon identifies not as a woman, not as a man, but somewhere in between.

To Spoon, and what appears to be an increasingly vocal minority, gender is “more like a whole galaxy.”

Which introduces the problem of pronouns. Spoon says he has expectations of maleness, she of female. So Spoon, 32, likes to be referred to as “they.” Others prefer “ze” and “hir” (pronounced “hear”) or “per” (short for person).

The last decade has seen the growth of the transgender community. The community includes transsexuals — those who aspire to be the opposite gender of the one they were assigned at birth, and perhaps have surgery and/or hormone treatment to achieve that end. But not all transgender people want to be male or female.

“This might be new for many of us,” concedes Sheila Cavanagh, sexuality studies program co-ordinator at York University, “but there is a reluctance to recognize a whole host of ways of being gendered that isn't determined by our bodies. We have to challenge our presumptions that to be a man is to necessarily be masculine and to be a woman is to necessarily be feminine.”

Throughout history there have been people who blurred gender roles. Joan of Arc wore masculine dress and is cited as an example of cross-gender activity, and in First Nations there have been gender non-conforming people.

The language around this realm can be confusing. Terms include gender non-conforming, gender-independent, gender-variant and gender-queer, the latter preferred by younger people.

Use of language can be fluid. Ivan Coyote, a writer who sometimes works with Spoon, likes to use “they,” but when performing in schools also uses she in self-reference. “I have a fairly masculine presence, so in schools I use ‘she’ because I want to present as wide a spectrum as possible of what a female-assigned person or she person can look like.”

How does Coyote want to be referred to for this story? “An artist. Author of 10 books. An activist with youth. A human being. A musician. I'm so many more things than my gender and so much more than someone who doesn't fit into a gender box.”

Why is it so important? “I'm walking down the street and a guy follows me in his truck for three blocks and pulls over to ask if I am a man or a woman. That happens to me every day — some version of trying to figure out what gender I am, how much respect he has ... and whether he's allowed to feel sexual attraction ... and he does not

Neither gender

Australia and New Zealand now allow citizens to be neither male nor female on their passports. Canada and the U.K. are considering a similar move.

know how to relate to me until he can understand what gender I am.”

Another question: Has Coyote had sex-reassignment surgery? Why ask, Coyote responds. “If you don't fit into the gender binary, it's acceptable to ask if you had surgery when they are really asking about your genitals. You wouldn't ask a woman if she had breast surgery.”

We can try, for the purposes of this story, to refer to Spoon as they. It's not easy. Spoon, who was raised as a girl in an evangelical family in Calgary and now lives in Montreal, came out as transgender 10 years ago and started using the pronoun “he” instead of “she.” But now, they felt there were certain expectations that came with male identity. “Even in the queer community, there would be pressure,” they said. “You are supposed to do male things. As if you are expected to earn your pronoun...”

On the other hand, there were encounters with people who said Spoon was a woman. “You have hips.” “You don't have facial hair” or “Your voice is high.” But not one of those things makes you male or female.”

There were further probing questions: Why not have surgery or hormone therapy — which Spoon has not — to look male/masculine. Now Spoon chooses to use “they.”

TORSTAR NEWS SERVICE

He vs. She vs. They

“Gender expectation comes out of sexism. Coming out using the ‘they’ pronoun is refusing to accept a role. Anyone can refuse it.” Canadian singer-songwriter Rae Spoon

With or without Her: A sister's memoir

Christa Parravani. To understand her twin sister's downward spiral, the author follows in her footsteps, losing her marriage and nearly her life

ALISON BOWEN
Metro World News in New York City

In the gripping memoir *Her*, Christa Parravani describes

what it was like to grow up alongside — then lose to a drug overdose — her identical twin.

And she begins with a startling statistic: After a twin dies, the surviving twin's life is immediately at risk.

In her attempts to understand her sister's downward spiral (which starts by eating one of her pills, found wedged in a crack on the kitchen floor) she follows in her footsteps, losing her marriage and nearly her life.

She told Metro about using the book as a way to crawl

out of that space — to pen the memoir, she incorporated some of her sister's writings, found under her bed in a Tupperware container.

How did you decide when to use Cara's writings?

When something would get really difficult for me — it felt too emotional or I'd gotten to a place where I felt like I couldn't go on because I was exhausted, I was sad or I just kind of plain missed her — I thought, here's the moment to allow Cara into the book.

In the beginning of writing,

she was appearing a lot. As time went on and I got more confident in my abilities as a writer and I got further from the grief, I found I needed to rely on her less and less.

Did you make a decision to be so unflinchingly honest?

I wrote the book as if no one would ever read it. It was sort of a love letter to my sister. It was a way to tell her that I loved her and not to be forgotten. In order to write a book that tells truths that are necessary, you have to forget about embarrassing yourself.



Christa Parravani used some of her sister's writing she found in a Tupperware container, in her memoir *Her*. HANDOUT

Be socially conscious and look good doing it

The tragic collapse of a Bangladeshi garment factory, which has claimed more than 350 lives, has brought renewed focus to the manufacturing practices of brands that sell affordable goods for mass consumption. While low-priced garments may prove alluring, there has been a growing movement among many to be more mindful in their buying habits. Dara O'Rourke, a professor at the University of California, Berkeley, and the co-founder of GoodGuide, an online resource that provides information about the health, environmental and social performance of companies, gives his advice. **THE CANADIAN PRESS**



Get educated

In its online resource Shopping for Change, World Vision Canada offers suggestions for places consumers can consult such as GoodGuide and Fairtrade Canada to find out more about companies and their practices, said Cheryl Hotchkiss, senior manager of advocacy and public engagement. But the education process doesn't end there.

"I think if you're a consumer of a product and you want to find out more information about that product, it's really best for you to be directly in touch with the company that made the product," said Hotchkiss, who is also manager of World Vision's End Child Slavery campaign.

Hold companies accountable

O'Rourke said the big challenge for consumers is to go beyond the information on tags and ask retailers and brands to disclose where products are made, including details on factories and subcontractors.

"We really can't in this day and age, in 2013, we can't have the situation where high-tech, super-smart, global multinational brands and retailers literally don't know where their products are being manufactured. That's just not acceptable."

Beyond making inquiries in stores, consumers should also use public forums to ask questions about company practices, he added.

Shop local

Even if a garment says it's manufactured in Canada, the components of the item could come from elsewhere, said Brenna Donoghue, president of marketplace for fairly traded, organic and eco-friendly products.

"The tricky thing is when you're shopping in really big stores, getting that information is quite hard," she said. "You can obviously find out the country that manufactured it on the label, but finding out where the components came from is often not knowledge that the staff has."

Check certifications

Donoghue said while buying clothing, she tries to seek out garments made of fabrics like organic cotton — and not just because it's environmentally friendly.

"I know that the workers that are growing that cotton in the first place aren't being exposed to really atrocious chemicals, and often, when something is organic it also comes fair trade," she said.

"The great thing about that combination is that you know that the company is paying fairly for those items, and as well, you can trust that it's not filled with chemicals that will make you sick."

Buy secondhand

... or be prepared to possibly spend more. Donoghue said there are many ways to make inexpensive purchases when it comes to socially responsible shopping.

"It can be really cheap to go and buy a pair of jeans at Walmart or any big-box store like that. Similarly, you can go down the street to a thrift store and buy a pair of jeans even cheaper," she said. "You're helping the environment by doing so, and that can actually save you quite a bit of money."

Alison on money

Lessons from Boston and Texas



YOUR MONEY
Alison Griffiths
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The recent tragedies in Boston and in West, Texas, are reminders that disaster can hit with the speed and force of a

tornado.

Similar, if somewhat less dramatic, events happen daily and range from death, divorce and illness to unemployment and acts of God. What these incidents have in common is that they're rarely predictable and usually have financial repercussions.

In light of the two U.S. catastrophes, this might be a good time for readers to take a hard look at their lives. Ask yourself what you appreciate

about yours and what you can do to improve things. This isn't about a total makeover, more a gentle review.

Consider the following:

1. Your abode

What do you like about where you live? Can you improve your quarters? It could be something as simple as a bit of paint, hanging a print on the wall or getting a few cheerful plants. If costs are crushing you perhaps there is an alternative — consider

what it might be.

2. Your job

Do you feel stuck? What aspects are rewarding? If you don't like what you do, are there ways to change it to increase your satisfaction, even if it means less money?

3. Your commute

I love walking down the hall to work! You might not be so lucky, but for some commuting is actually a source of down time. If you enjoy a few hours of reading the paper on

the train or listening to music in your car, remind yourself that this is a positive aspect of each day.

4. Life outside work

Do you have one? Is there something that feeds your soul and is unrelated to life's many obligations? It doesn't have to be expensive. Small pleasures are often the sweetest.

5. Spend on what you love

Try to eliminate anything that doesn't reward you. We shell

out huge amounts in mindless haste. Slow down and ask yourself if spending that dollar really enhances your life.

Witnessing tragedies as happened in Boston and Texas is a reminder of our fragility. Examining how we spend and live gives us control over and appreciation of whatever years are available.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



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The Senators and Canadiens meet in the playoffs for the first time starting Thursday night at Montreal's Bell Centre. The scrappy seventh-seed Sens will look to oust a Canadiens club that vaulted from last place at the end of last season to second place at the end of this lockout-shortened campaign. RICHARD WOLOWICZ/GETTY IMAGES

A new bitter rivalry ready to emerge?

NHL playoffs. Animosity absent so far as Sens prepare to meet Canadiens for first time in post-season

A tough battle awaits Montreal against the Ottawa Senators in the NHL playoffs, but the Canadiens will gladly take it after what happened last year.

The Canadiens were dead last in the Eastern Conference a year ago and by late April were well into their off-season routines. Now they face a best-of-seven first-round series against their closest geographical rival.

"It's tough when you finish in 15th place," defenceman P.K. Subban said Monday. "Some guys are going home right now and some are going to the world championship."

"Some are going to start training in another week and a half. We're still playing hockey. We're privileged to do that."

Canadiens (2) vs. Senators (7)



Season Series: Both went 2-1-1. The teams meet for the first time in the playoffs. The Senators are on a high with the recent return of star defenceman Erik

Karlsson and big rear-guard Jared Cowen from long-term injuries, not to mention ace goalie Craig Anderson. They went 6-3-0 down the stretch. The Canadiens went into a fog after clinching a playoff spot. But Montreal has three scoring lines and answer Karlsson's skill with P.K. Subban's flash and dash. This should be very close.

Pick: Canadiens in seven.

The Senators are also looking forward to a first meeting with Montreal.

"They have a pretty good team over there," said goalie Craig Anderson. "They have come a long way all year and they found a way to win the division, especially after having a subpar year last year, so they are definitely feeling good about themselves."

The Canadiens ended up second in the conference when

the Senators knocked off the Bruins 4-2 in Boston on Sunday night in a game postponed by the Boston Marathon bombing two weeks ago.

The series gets underway at Bell Centre on Thursday night. The teams have never really had a heated rivalry, but that may change when they meet in the post-season.

It isn't likely to be the most physical series, but should be a close one between two skilled

Quoted



"Erik's a great player and I'm sure he'd say the same thing — this series isn't going to be decided by two players."

Canadiens defenceman P.K. Subban on Senators blue-liner Erik Karlsson

clubs who each went 2-1-1 against the other this season.

However, the Senators were missing four key elements for much of the season in Anderson and defencemen Erik Karlsson and Jared Cowen — who all recently returned to the lineup — and still-sidelined centre Jason Spezza.

Karlsson emerged as a star last season when he won the Norris Trophy as the league's top defenceman, and his return from an ugly skate cut is a huge boost to Ottawa's attack, espe-

Round 1 schedule

- **Game 1.** Ottawa at Montreal, Thursday, May 2, 7 p.m., CBC, RDS.
- **Game 2.** Ottawa at Montreal, Friday, May 3, 7 p.m., CBC, RDS.
- **Game 3.** Montreal at Ottawa, Sunday, May 5, 7 p.m. CBC, RDS.
- **Game 4.** Montreal at Ottawa, Tuesday, May 7, 7 p.m., CBC, RDS.
- **Game 5.** Ottawa at Montreal, Thursday, May 9, 7 p.m., CBC, RDS.
- **Game 6.** Montreal at Ottawa, Saturday, May 11, time (TBD), CBC, RDS.
- **Game 7.** Ottawa at Montreal, Sunday, May 12, time (TBD), CBC, RDS.

* If necessary

cially on the power play.

In his absence, Subban has become a Norris candidate with 11 goals and 38 points in 41 games. **THE CANADIAN PRESS**

4 SPORTS



THE HOCKEY NEWS
Murray Pam
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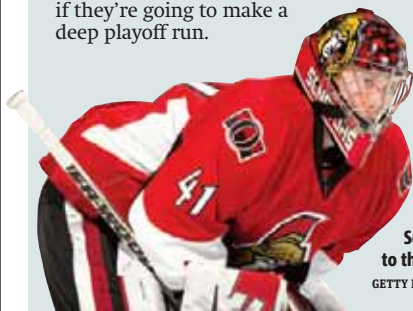
Just 10 weeks after tearing his Achilles, the Senators' "Miracle on Ice" Erik Karlsson had two assists in his return last Thursday, leading his club to their 14th playoff appearance in 16 seasons. He added two more helpers Sunday in Ottawa's 4-2 win in Boston to clinch 7th place and a first-round date with Montreal. It capped an improbable run in a season filled with turmoil. So how did this injury-riddled squad earn a post-season berth?

1

Goaltending, goaltending, goaltending

Craig Anderson is the Senators' MVP. Hands down. He posted a miniscule 1.69 goals-against average to go along with a stunning .941 save percentage, the highest recorded in league history.

Despite his brilliance, the club didn't miss a beat when he was felled by a high ankle sprain. The duo of Ben Bishop and Robin Lehner combined for a 9-5-3 effort during the No. 1 netminder's six-week absence. With the Sens ranking 27th overall in scoring, it's no secret they'll need their super stopper to steal games if they're going to make a deep playoff run.



Despite missing time with an ankle injury, Craig Anderson has been instrumental in the Senators advancing to the playoffs.
GETTY IMAGES FILE

5

reasons why they made it here

Fear the 'stache

Despite having a handy out, coach Paul MacLean refused to use injuries as an excuse for losing. Instead, MacLean used this misfortune as a motivational tool to help forge a cohesive unit. It'll be interesting to see what the NHL's probable coach of the year has up his sleeve to help push his overachievers past their Northeast rivals.



For his part in making the Sens an overachieving club, Paul MacLean could be named coach of the year. GETTY IMAGES FILE

D-E-F-E-N-C-E

No pun intended, but defence was supposed to be the Senators' Achilles, especially with the losses of Karlsson and Jared Cowen. Towering Marc Methot surprised with his speed and skill. Sergei Gonchar, 39, led the Senators with 24 assists and was a minute muncher. Chris Phillips became a shut-down defender again. And freshmen Eric Gryba and Patrick Wiercioch emerged. The returns of Cowen and Karlsson at season's end make a strong blue-line even more formidable.



Sergei Gonchar was admirably filled in a bigger role due to unforeseen injuries.
GETTY IMAGES FILE

PK is king

No, not P.K. Subban. The Senators' 88 per cent penalty-killing unit ranks No. 1 in the NHL. Cowen, Gryba, Methot and Phillips, all six-foot-three or taller, provide size; Jean-Gabriel Pageau and Jakob Silfverberg bring the speed; Daniel Alfredsson and Erik Condra supply great hockey sense. A dependable PK is paramount in shutting down the Canadiens' fifth-ranked power play.



Young forward Jakob Silfverberg takes away time from opposition power plays. GETTY IMAGES FILE

Been there, done that

The leadership group of Alfredsson, Gonchar and Phillips kept the players on an even keel throughout the season. They'll be expected to continue to set the tone for youngsters Cory Conacher, Silfverberg and Mika Zibanejad in the emotionally heightened playoffs.



Captain Daniel Alfredsson will be counted on to set the emotional tone for the team's youngsters.
GETTY IMAGES FILE

Penguins (1) vs. Islanders (8)



Season Series: Pittsburgh 4-1-0. Sidney Crosby, who has missed the last 12 games, has done non-contact drills at practice and there is a chance he will join Evgeni

Malkin and the rest of the team that dominated the Eastern Conference. The Penguins, having added character veterans Jarome Iginla and Brenden Morrow at the trade deadline, will be that much more of a favourite if he returns. The Islanders are in the playoffs for the first time since 2007 and many, including star John Tavares, will make a post-season debut. **Pick:** Penguins in four.

Capitals (3) vs. Rangers (6)



Season Series: Rangers 2-0-1. A clash of hot teams that both started the season in a funk. The Capitals went 15-2-2 in their last 19 games, a span that coincided with

a scoring binge that gave Alex Ovechkin the Maurice "Rocket" Richard Trophy with 32 goals. The Rangers' season turned around after an April 3 deal that sent Marian Gaborik to Columbus for Derek Brassard and two others, which gave them scoring depth. They went 10-3-1 in April. A key is to stop the Caps' league-best power play (26.8 per cent). **Pick:** Capitals in seven.

Bruins (4) vs. Maple Leafs (5)

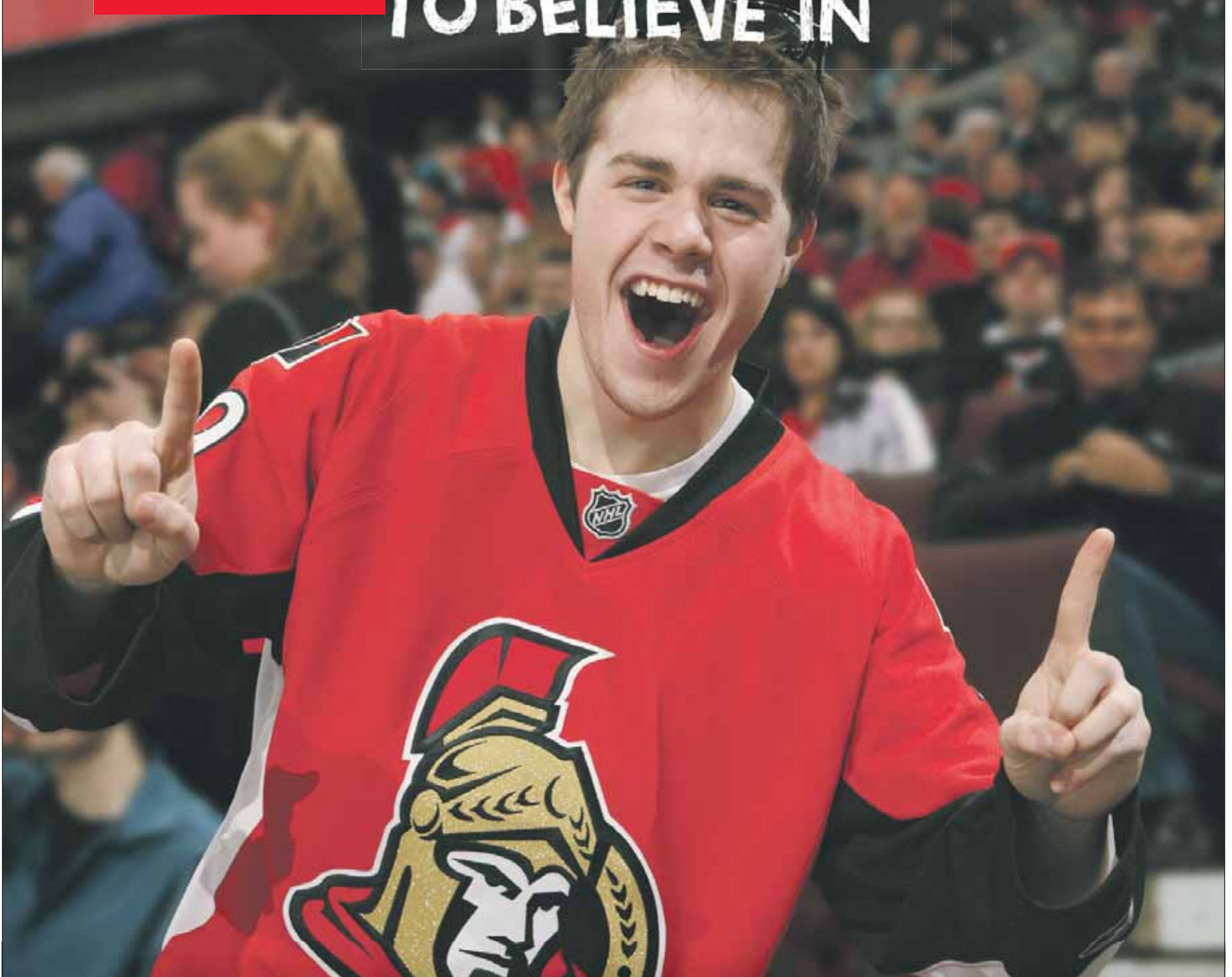


Season Series: Bruins 3-1-0. Two big, tough teams collide in what could be a tight battle. Boston, the 2011 Stanley Cup champs, went 2-5-2 down the stretch, including Sunday's 4-2 loss at home to Ottawa,

to surrender the Northeast Division lead to Montreal. A difference may be goaltending, where the Leafs will be up against the one they let get away a few years ago in Tuukka Rask against the inexperienced James Reimer. A late push got Toronto into the post-season for the first time since 2004. It will be big first playoff test for rising star Nazem Kadri. **Pick:** Bruins in seven.
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Clippers guard Chris Paul shoots the game-winning shot over Tony Allen of the Memphis Grizzlies during Game 2 of their first-round series on April 22.
STEPHEN DUNN/GETTY IMAGES

Clips look to regain momentum vs. Grizz

NBA playoffs. After back-to-back losses in Memphis, L.A. is eager to take advantage of home court in Game 5

Now that they've had a couple of days to digest those back-to-back losses the Grizzlies shoved down their throats in Memphis, the Clippers are home and eager to swing the momentum back in their favour in Game 5 of their first-round playoff series.

"Tomorrow's the biggest game of the season for us. We've got to win this game," All-Star point guard Chris Paul said Monday at the team's Playa Vista practice facility.

"We hoped to go undefeated throughout this

whole thing, but this definitely makes us stronger. Now it's a three-game series. So we've got to come out with more energy, obviously, and with the same intensity in Game 5 as we did in Game 1 and 2. We've got to fight and scratch and play the way we know we can."

That will require a dramatic reversal by the Clippers, who were outplayed at both ends of the court by Zach Randolph, Marc Gasol and Co. during games 3 and 4. The 21-point rout on Saturday that evened the series at two games apiece represented the most lopsided post-season victory in the history of the Grizzlies franchise.

But the Clippers don't feel the Grizzlies have gotten under their skin and into their heads. All they have to do is remind themselves of last season, when they beat

the Grizzlies in the opening round with a Game 7 triumph in Memphis.

"That hasn't been the issue. The issue's been the execution," coach Vinny Del Negro said. "They've executed better than us the last couple of games at both ends, as we did the first couple of games. That's why it's all tied up. It really comes down to rebounding the basketball, second-chance points, not turning it over and making plays in the fourth quarter."

No one has to tell the Grizzlies that they have to win at least one game in Los Angeles to advance to the next round. And with the increased confidence they've gained over the last two games, they have every reason to expect to.

"We've got to understand we are going into a hostile environment," said Tony Allen. "Staying together, playing hard, playing together, hav-

Clean looks

One thing that has held the Clippers back has been the shooting of Butler and Crawford, who was runner-up for sixth man of the year.

- "It's a matter of getting clean looks," Crawford said. "When you fight to get clean looks, that makes it a little bit more difficult. But we'll adjust. We've put in some new things and we saw some things that we can address."

ing great focus — I just think from one through 14 all guys are locked in. And I think when you have that kind of mindset going on the road, you are able to get wins."

THE ASSOCIATED PRESS

MLB

Laffey chooses free agency over triple-A

Left-hander Aaron Laffey has chosen to become a free agent rather than report to the Toronto Blue Jays' triple-A affiliate in Buffalo.

The Blue Jays announced the decision Monday. Laffey made one start for Toronto after being claimed on waivers from the New York Mets on April 23.

Laffey, 28, did not record a decision in his lone appearance last Friday and was designated for assignment the next day. He allowed two earned runs over 2 2/3 innings in a 6-4 loss to the Yankees in New York.

In five games this season with the Blue Jays and Mets, Laffey was 0-0 with a 7.11 ERA.

Laffey made 16 starts for the Blue Jays last season. He went 4-6 with a 4.56 ERA in 22 games.

Laffey has a career record of 25-29 with a 4.45 ERA over 153 appearances. He has also played for the Yankees, Cleveland Indians and Seattle Mariners. **THE CANADIAN PRESS**

Tebow Time comes to an end in New York

Tebow Time is off the clock.

Tim Tebow was waived by the Jets on Monday, the end of an unsuccessful one-season experiment in New York that had been expected for months.

"Unfortunately, things did not work out the way we all had hoped," coach Rex Ryan said in a statement by the team in announcing the move.

The Heisman Trophy winner attempted just eight passes after his ballyhooed arrival in a surprising trade from the Denver Broncos in March 2012. He threw for 39 yards and rushed 32 times for 102 yards — and stunningly had no touchdowns as a member of the Jets.

Meanwhile, starter Mark Sanchez struggled amid constant questions about Tebow's playing time, and still Tebow remained mostly on the sideline. The Jets and new general manager John Idzik drafted former West Virginia star Geno Smith in the second round of the NFL draft Friday, giving New York six quarterbacks on its roster — and creating uncertainty about



Quarterback Tim Tebow was waived by the New York Jets on Monday.
GETTY IMAGES

Sanchez's future as well.

Tebow arrived at the team's facility in Florham Park, N.J., on Monday morning and was told he had been cut.

"Tim is an extremely hard worker, evident by the shape he came back in this off-season," Ryan said. "We wish him the best moving forward."

Tebow took to Twitter a few hours later, citing a Bible verse: "Proverbs 3:5-6: Trust in the Lord with all your heart and do not lean on your own understanding," Tebow wrote, "in all your ways acknowledge Him, and He will make your

What about the CFL?

The Montreal Alouettes would welcome Tim Tebow to the CFL — provided he's willing to compete for a job as a backup quarterback.

- "If Tim Tebow wants to come to Canada we'd definitely welcome him. That's why we have him on our neg list and we'd take a look at him and see if he can play in Canada, but it would obviously be competing for a backup job," Alouettes general manager Jim Popp said.

paths straight."

While everyone from Johnson to Ryan to former general manager Mike Tannenbaum to former offensive co-ordinator Tony Sparano said they were all "on board" with Tebow, it became evident early that he had no clear role, and Tebow simply didn't impress enough in practice to earn more playing time. **THE ASSOCIATED PRESS**



Jumping for joy

Andreas Weimann of Aston Villa celebrates as his side scores during a Premier League match against Sunderland on Monday in Birmingham, England. With a 6-1 win, Villa moved five points clear of Wigan in the final relegation place. **LAURENCE GRIFFITHS/GETTY IMAGES**

Horoscopes

Aries

March 21 - April 20

Sometimes it is right to be selfish and this is one such occasion. Put your own needs first today and don't worry that some people might not like it. What matters is that your efforts are for your benefit.

Taurus

April 21 - May 21

Make an effort to see the good in people rather than the bad today. There is a piece of the divine spark in every human being, though sometimes you have to dig deep to find it.

Gemini

May 22 - June 21

You may be the life of the party most of the time, but you need your private moments too and you definitely need some time and space to yourself today. Keep in touch with the inner you, the real you.

Cancer

June 22 - July 23

Look at your life as it is, think of your life as you want it to be then start working on things that will take you from here to there by the straightest line and in the quickest time.

Leo

July 24 - Aug. 23

Don't follow the herd. Some people like their lives to be predictable and boring but that isn't for you. You're a Leo and Leos were born to be creators — and lovers too.

Virgo

Aug. 24 - Sept. 23

Don't worry about how you are going to reach your long-term goals. Cosmic activity in the sympathetic sign of Taurus is guiding you in the right direction and protecting every step you make. Believe it.

Libra

Sept. 24 - Oct. 23

Your mind is full of big ideas at the moment but do you have the necessary talent to do something with them? Of course you do. Select one major aim for the month of May and work on it every single day.

Scorpio

Oct. 24 - Nov. 22

You may be tempted to go back on something you decided to do because the going is tougher than you expected but that would be a mistake. The toughest part will be followed by the easiest part.

Sagittarius

Nov. 23 - Dec. 21

Just because you are working harder than ever does not mean you will accomplish more. In fact, if the planets are to be believed, you are on the point of exhausting yourself for no good reason.

Capricorn

Dec. 22 - Jan. 20

Everyone needs rules to live by but that does not mean you have to follow someone else's rules, especially if they don't feel right to you. Make your own rules today and be brave enough to live by them.

Aquarius

Jan. 21 - Feb. 19

You feel a bit out of touch at the moment. The prevailing mood among your friends is different to what you feel. So what? The world is big enough for all sorts of feelings.

Pisces

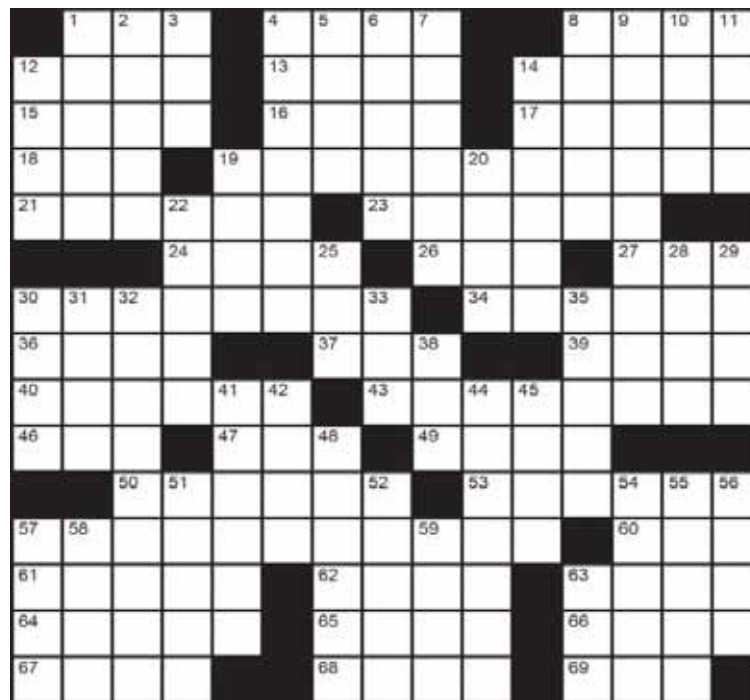
Feb. 20 - March 20

Try not to complicate matters today. There are no hidden meanings or motives in what other people say and do, so stop worrying. **SALLY ROMPTON**

Crossword: Canada Across and Down

Across

- Crash Test Dummies song, when repeated
- "Phooey!" [pl.]
- House: Spanish
- Frolic
- Parkay, for one
- Type of mil. mission
- Once, poetically
- Actor, ___ Patrick Harris
- Brit singer Mr. John
- Univ. web address word, sometimes
- Midnight, April 30th: 2 wds.
- Bow
- "Whose Line Is It Anyway?" specialty
- Medium, on a label
- Toronto Raptors org.
- Medit. locale
- Canadian History: Farmer of New France
- Rustling sound-ing
- Old Testament book after Genesis, for short
- Figure skater Ms. Babilonia
- Ancient portico
- Sources of strength
- Sherlock Holmes sidekick: 2 wds.
- Mode's intro: 2 wds.
- 'Human' suffix
- New Zealand fruit
- Canadian ice dancing champs, Tessa ___ & Scott Moir
- Tortilla treats
- "The Kids in the Hall" character: 2 wds.
- Li'l baseball official
- WWII Riveter
- Prefix with 'globin'
- Prefix to 'de- trous'
- Vows-exchanging spot
- From square one
- Filth
- "___ Girls" (2004)
- Mr. von Sydow's



See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

- Ms. Hathaway
- Scornful look
- Sketch again
- "Hop ___!" (Move!)
- Some police alerts, for short
- Where the hit song (usually) wasn't, ___
- 'Differ' suffix
- "Vamoose!"
- Meg of movies
- "___ Rebel" by The Crystals
- Botanical leaf-to-stem angle
- Cape ___, NFL
- Smidgen
- 'Real' suffix
- Bother
- Employee
- Locale
- Microsoft operating system
- Out
- Lena of HBO's "Girls"
- 'Beaut' suffix
- Nina Dobrev's "The Vampire Diaries" dual role, ___/Katherine
- Sauna-like weather
- Darker-to-lighter highlights
- BBQ rod
- Study hard
- Courtney Love band
- Charge card, commonly
- 'Block' suffix

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

7	8	5	6	2	1	3	9	4
6	9	3	8	5	4	7	2	1
4	2	1	9	7	3	6	8	5
8	1	6	4	3	9	2	5	7
2	3	7	1	8	5	4	6	9
9	5	4	7	6	2	1	3	8
1	4	2	3	9	8	5	7	6
5	7	8	2	1	6	9	4	3
3	6	9	5	4	7	8	1	2

8	5		7				1	3
3	6		1		4	2		
		7			5			8
5						6	2	
6				2	1			9
	9	1						5
7			5			1		
		8	4		2		7	6
9	2			7			8	4

Today



Wednesday



Know what the weather
will be 14 days from now.
Check the 14 day trend.

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LEARN THE FACTS AND PROTECT YOURSELF

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HERE ARE A FEW WAYS WE TEST YOUR GOLD:



ACID SCRATCH TEST

The first step we use is an acid scratch test. This may be the only test that is used if the test goes well. We scratch the item on a smooth touch stone (similar to slate). This does not damage the piece in any way, but makes a fine mark on the stone.



SPECIFIC GRAVITY MACHINE

The second step that may be conducted is a measurement of your item's density. By weighing the item first on a normal scale, and then underwater, the density is calculated. Since gold is a very heavy metal, the density allows us to calculate the purity of your gold.

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2

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9999 Canada Maple leaf, less than 1 ounce	\$46.00/g
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E. Indian/Nuggets	\$29.03/g
18k	\$26.81/g
Dental Gold (yellow)	\$21.81/g
14k	\$20.84/g
10k	\$14.87/g
9k	\$13.40/g
Stamped Sterling Silver Jewellery	\$0.45/g
Platinum (950 purity)	\$33.37/g

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